

A letter to Moredun

by

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Isbn : 9781697205572

## On living free in the summer

Live such that your waking dreams are free,  
for those who still do not see, I say;  
live such that your waking dreams are free!

We stand, coffee in hand, awaiting taxi and train;  
derailment(s) and hazards on the rails,  
taxi's ten a dozen at set fares.

At times we sit, dreaming away the night air,  
responding to the shifting sands of molecular vibration.  
Speaking freely is a choice, a gift and a freedom.

So live, walk, talk and play!  
Treat each moment, your last on our mortality index,  
as though it were the first, with wonder and amazement.

Don't get lost in a world of reckless abandonment.

## Introduction

What would you do if you couldn't stand your life any longer? If you have ever felt isolated and alone, as though you were unlovable and (or) unloved, would you search out social entertainment or simply remain content in your own company? Sometimes believing so vehemently in something, even to the death is a cost to a life that can be detrimental to the actual living of a life. Suicide is wrong and I cannot be more clear on that, as with euthanasia which is the assisted ending of a life for health reasons. Once, when I was studying a while ago, I discovered the value of life through a simple woman's struggle to end her own life, through legal battles whilst she still had a limited level of motor functions.

The idea is simple, dream big and hope for great things, then let go of everything and start of small in a realised field of vision. No one person can fix your mental health. No one person can will you out of mental ill health. Nobody will change your life for you. If I could decide, me or you to pass before the end of the hour such that all pain, hurt, anxiety and anger or depression passes over you, I would choose to end your suffering through the stifling of my own. But life doesn't work that way. The truth is, nobody can fix the world with one single act. The only reason Jesus Christ (again) was able to do such a radical thing as to transform a world that wasn't ready for it was solely because nothing on the scale of the miraculous transformation of lives through supernatural means that to this day are undefined in all bar product had been attempted before.

Since the days in which Jesus lived and breathed, walking the air and talking to god, whilst fighting temptation in the form of the Devil, the world has moved on from attacking one person or another for the sake of retribution for a deity in the form of a man. Had he lived, would he have gained a crown (of which, according to the Judaeo-Christian bible he did and still is very much alive to this day).

But here is a scary and honest thought that scared me today. What if Jesus actually knew how to channel the thoughts of individuals who were speaking to him. What if he could hear the voices of people in need of help and as a result found his calling from God in which he was able to find the lost and save their lives. Equally, what if he could hear the voices of people who had negative thoughts and attitudes towards him, and this he called the devil. The act of listening to the thoughts and behaviours of people who didn't like, know or understand him being a route to temptation (the process in which a person is pushed, as with peer pressure, to act outside of their character and with a view to breaking the spiritual laws of God).

Being tired of fighting, struggling and hating life is one thing. But the difficulty in comparison to previous generations is the fact that we don't know how to struggle and win. When things get difficult in the modern

generation it is far easier, as a route to saving time and energy for things, processes and actions that will exemplify a broader outlook on life, to simply give up. So how do you avoid simply quitting at the first hurdle?

Perseverance, dedication and fortitude, pushing on when times get hard and taking a moment to assess the environment such that you are able to find a route that is passable is of the utmost importance to life. This is because, the dangers and pitfalls of a world in which everybody can be a hero is down to the circumstances in which you reach out an arm in order to grab a hold of support. It's not just about who saves your life, it's about how they transform your life.

Whilst it might be all good and well to define the nature of what salvation is, it is easier to define what salvation is not. Salvation is not a dynamic character, changing from person to person. The act of receiving salvation is the dynamic attribute, but the overall process of salvation is the same. e.g. you go through the same pit stops with a view to running another lap in a race that seems never ending. But you know that your hanger bay is always going to be in the same place. You know that it is always going to be the same distance from the finishing line. You know that you are likely to have a team of people who are waiting to fix your car, yet you choose not to compete. Why?

The answer to the above question is a complicated series of questions *and* answers in which the first step is to ask one question. How will my actions affect someone else where I was not to be there? The second question would be, am I helping them? As in, am I leaving them in a better position than when I found them? The third question is, could my actions have saved the life of the one person who was crying out for help and support all along.

## Emotional over dependence on others

Human beings don't have a single innate skill. If bullying, lying and cheating were instincts, not learned but born with mankind, then we would be a series of neurotic and hard individuals who made logical decisions based not on the face value truth of any given individual, but rather on the premise that the truth is always masked. But what if I told you something that you are not likely to believe. What if I told you that human beings do have innate instinctual skills they are born with?

1. The first is that there is no such thing as a good or bad person. We all have the ability to learn (some people take longer than others to gain the message), but nonetheless, the first and most important lesson any man, woman or child can pass on to another person is that learning new ideas, thoughts and ways of behaving are part of our behaviour(s), mannerisms and life choices. It all depends on your attitude to life. If you have what society classes as a good attitude, you will likely be more liberal and open minded, willing to see the true value in a persons actions and words, not just the negative sentiments shared. That is to say, you will be able to read in between the lines. If you have a bad attitude, you may be stuck in your ways, unwilling to compromise what your convictions tell you with regards to the nature of your character. Now, tell me that you would honestly kill a child? If the answer is no, then why would you kill an adult or yourself? It doesn't make sense.
2. The second point of note is that there is no such thing as a good or bad person. You are the product of countless millions of years of luck and evolution. God in his infinite wisdom blessed you with a lifetime of worship, devotion and support for others, but despite this you feel that something is lacking. Perhaps you have made a bad decision in recent years or your friendship circle is falling apart. Inner peace is found not on the outside but through

accepting the positive guidance that once would have been an oral route to learning and passing on wisdom.

3. Thirdly, there are no good or bad people. We are products of our environment in an age old question of nature versus nurture. That is to say, can good people turn bad? Can bad people become good? Is there only a limited amount of good and bad people allowed in the universe at any one time or does the support of a community of fellow good people make bad people become good? It is down to the individual to decide whether they are willing to accept a calling to change their own lives, the decisions we make as people are the decisions we live with and die with. But in so doing, you are defined as either good or bad where you consistently make good or bad choices.
4. Fourthly, good or bad people don't exist. Name a person you value in your own mind outside of yourself. Would you class them as good or bad? Is this because of something they have done to you or for you, or because of something you feel they need. Now picture a small newborn, only just learning to open and shut their eyes, to breathe and to flail their helpless arms and legs whilst alerting anyone in the immediate area as to their need. That same newborn is not good or bad. It is the very heart and soul of humanity, the love we each have for our shared lives. If you feed someone positive thoughts like chicken soup when they are ill, you will find they are contented in their full belly. But if you feed them only chocolate or sugary products for a lifetime, they grow to become unhealthy, possibly malnourished and quite ill as a result of lack of the vitamins and minerals that would ordinarily allow for healthier lifestyles.
5. Fifth point, there are no good or bad people. A group of people who in the modern world are calling themselves neo-nazi are likely oppressed and crying out for their social situations to be alleviated through the direct calling out and differentiation of themselves and their ideas of individuality in comparison to that of the rest of the general populous. In primary school, that very same

persons thoughts would have been similar to those of their peers and classmates, but without the support, love and care of their peers, they grow isolated and alone. This idea of self reliance and self determination in the face of a lack of motivation (as motivation grows and wanes over time) is an idea that many people need to think carefully upon. It is all well and good stating "I will do this on my own, going it alone such that I can make anyone and anything appreciate how isolated I make myself" but everyone requires positive words at some point in their life. Whether that be the guy who cleans the floor or the president who greets him.

6. The good / bad theorem. As individuals, over time, an idea becomes cemented in a persons brain such that they become what they want. But who was ever raised to crave the bad in life? The idea of vampirism, the literal turning of a human being into a '*creature of the night*' is now more than ever becoming an idea that people hold onto.

Halloween fast approaches as I write and the thought of drinking blood from another persons body is something I could not honestly abhor, and yet in church the idea of the flesh and blood of Christ being a symbolic societal good are constant images prior to the birth and death of Jesus.

So, why is vampirism bad?

1. You drain another person of life (blood).
2. You lose a sense of your own reality and upbringing.
3. You are drinking unclean fluid from someone else's body.
4. That blood could be used in a transfusion to save a life (accident and emergency).
5. Haemophiliacs when cut bleed profusely and unceasingly, would you drink the blood from someone who's blood didn't clot?
6. People with blood borne viruses and sicknesses require medication to feel better, would you disrespect the value in that persons life by simply

enjoying something that they cannot attain as at present (that is, clean healthy platelets and cells)?

7. The exchange of good and bad. The idea that only good exists where there is bad (and only bad exists where there is good) is a difficult idea as only good and bad people will struggle daily with the choices they make to change their lives. Both my brothers were hit by cars as children. Both of them hit and runs. I remember seeing the ambulance when I was walking to school and fearing. Fear is said to be a good thing, but I would prefer positive memories and love as opposed to a lifetime of fear. Exchanging of ideas such as for instance, how to make a better recipe through incorporating positive ingredients in a meal is good. Thinking about poisoning one's thoughts, words and actions such as everyone around grows weary and depressed (including you is bad). But who am I to say what is good or bad?

In the end, when you look back at all the decisions and people you have met throughout your life, what stands out? The good thoughts which promoted positive interaction with people or the not so good thoughts which highlight the pace of modern living. Nobody chooses isolation, it is a process that happens over time in which it grows ever more increasingly difficult to leave the house and hope is something that everyone needs. So be the hope that everyone needs. You are the hope that everyone needs.

## Beyond tolerance as a route to peace

It takes a lot to change the way you look at someone, to speak to someone with respect or honour a persons wishes. It takes a lot more to be a good person (all the time) and even the good people are pushed to extremes through their reliance on bad people who need to be fixed. But what if you were able to change people simply by talking to them?

I was (am) currently in love with someone who cannot love me. It is a painful and solitary pain as I am the one who caused my situation. As such life is very difficult due to the problem of inability to fix the wound I have created for myself. But simply saying, *I love you* whilst being a loving thought, is not love in itself. Buying a card or an engagement ring, though loving is not love in itself. Neither is holding on to a ring when you reject a person, it is slightly selfish and highlights something in the two of you, about self esteem and the wish to increase positive thoughts both internally and externally. But how do you manifest love in real life?

There are many routes to finding love but the easiest way to define something as complex as the biology, chemistry and neurological physics of love is by starting at the very beginning. The first moment you see someone who you think is your compatible partner is the moment both you lock eyes. But that might not be when you first meet them. Rather, it could be a sudden realisation that you have always loved them, or it could be a steady incline that increases over time. But however you discover the future you, you need to follow a path that incorporates self love. After all, you can't live with someone if you can't live with yourself. You can't impress someone if you can't impress yourself and ultimately you can't love someone unless you love yourself without being overly ambitious in that love.

Love is a mixed bag of emotion. It is elation and it is depression, it is being there and it is also being alone. We mask our emotions such that it is easier to hide than feel pain or cause pain. But just because not everyone wants to live in pain doesn't

mean that pain is bad either, as it causes wounds that we didn't even know we had to eventually surface and ultimately allows us to begin the process of healing. But just because you know you need to heal, doesn't mean you need to cause pain to anyone, because nobody deserves to feel pain in any lifetime.

Nationality and tragedy are painful ways to highlight love for other people. It's in the most difficult of situations, when working under pressure and to a clock that you realise how far as a civilisation we have come. Disaster relief efforts and rescue works, fire, ambulance and police staff, even counter terrorism officers all understand the pressures and rigours of saving people they do not know solely because it keeps a roof over their head, food in their kids tummies and petrol, diesel or electricity in their car(s).

Consumption for some people is love. Retail therapy being a route to actual therapy in which, you have a bad morning and decide you need a new bag or a pair of shoes or trainers. The process of spending money on something new is a way of improving how you feel about your self worth. Buying something second hand is a great way of improving someone else's idea of value. Volunteering your time, effort and energy, though thankless, is a great way of helping people. That is what a community is. It is people. The good, the bad, the moral and the immoral; the strong and the weak, the fast and the slow. They all get a chance to view you for who you are and then make their own decisions. But it is important to note that just because you buy, or sell, or volunteer or work, money doesn't make you human. You make you human.

Respect is love, to a degree as it highlights your attitude towards people. It showcases your value of a person through the attributed worth you place on a persons life. Sometimes it is easier to simply assume the worst, but a pessimistic frame of mind is harder to change as you grow older than a positive can do attitude. So be the good you see either in yourself or in others, but not the *idea* you assume is good. Where a bad crowd controls your self perception, i.e. a group of people, your peers tells you how to be, what to say, where to go and what to do, reasoning with them as to what is the best course of action is at times good.

But what if they told you to rob a bank? Now, what if they trained you to win an Olympic medal (again)? Or, what if you trained someone else to win the Nobel peace prize you've always yearned for?

Simply tolerating someone or a group of people in the hopes that it will teach all of you peace is one route to peace. But being peaceful, patient, kind and responsive, even where your workload seems a near impossible task is where you discover the true value placed within yourself and others. If you feel it is the right decision for you to stay, then stay. If you cannot stay and cannot make heads or tails of a decision, leave. But be proud and comfortable in your decision and the ramifications for other people as you are the only person who will fix your life. You are the only person who will find love or make love happen.

Love is personal. I searched my whole life for love. I met the down and outs, and met the high and mighty. I socialised with socialites and celebrities and also with people who don't have anyone. Having gained so much experience and yet feeling comfortable in my isolation is an idea in itself, as mentioned, we human beings love to learn new things. So, be weary of what you allow to come out of your mouth, even where venting; the influence you have on other people, the way they view you is not the same as how you view them. If you are searching for love, I hope you find it, not through searching but rather because it was always there.

## Embracing your inner child

Do you remember what it was like to be young. Sometimes it's easier to forget, but for some, childhood is a blessing. For other's its a curse. For others still, it is a distant memory. We all emulate the successes and repeat the traps and pitfalls of previous actions in some shape or form, but not always. Cycles can be broken and chains are always removed, freeing individuals from the shackles of inequality. But the only person who can free you, who can free your mind is you. Through your actions, through your thoughts and words people will judge you. Whether they call you Barabas, or compare you to Judas, or even whether you are Doubting Thomas who denies God's son, but what would Jesus say? How would you interpret what Jesus said? e.g. "love thy neighbour"?

The above statement could mean love your neighbour as a friend. Or physically, socially and mentally fall in love with your neighbour. Or it could mean be more like your neighbour. But when put into context, the idea was simple in its radical nature. If you love yourself, you should share that love with someone who needs it. If you don't love yourself, share the love you do have with someone who needs it and hope that they can return it to you when you need it (even if it was a long time ago and you are too stubborn to accept the gift). Because, love, whether it is for a child, to a sibling, with a partner or towards a parent or family member is a gift. One in which all too often it is taken for granted as with all things. We run out of time, we run out of patience and faith, we lose our heart and forget to speak with our soul instead of with our sole(s).

Being able as an adult to read in between the lines is a mixed message, because you need to think outside the box, intelligently and with respect for words and dialogue. It's easy to be rude, to assume anti-semitism is good or that being totalitarian and far right is what God would have wanted. Now ask yourself, do you live in a society where you can walk up to a child and say to them, "could you please pick up your litter?". I state this because, as a child someone once said that to me. It was the first time I looked up to someone and listened to what they were

telling me (outside of my family of course). That is because what she was saying was not a message about litter (though it was direct, that was not the point), as the country has street sweepers and refuse collectors. Rather it was a route to questioning an eight year old about whether they valued the land they were standing on at present. It was a question of whether they (the eight year old) played a role in society (not as a litter collector, but as a member of an equal society). Years later, as I entered my second childhood, lost and wondering whether I was going back to university or travelling, I found something as I walked through Edinburgh's Grassmarket outside of a nightclub. I found lots of flyers on the ground, so I picked them up of my own volition. Later I would question a friend who helped to tidy the local area I lived in every time she went to a shop or anywhere, literally, as she picks up detritus that may need a bin. Conviction, the character building idea of a firmly held belief is life affirming and builds self confidence because that same lesson that I learnt at eight years old was repeated in someone who didn't share the same experience as me.

Now, what I am about to tell you may sound disturbing, so look to the next paragraph if you get squeamish, but once when I was eight (again), I was walking home with my sister from church in Kirkcaldy. On our travels we discovered a magazine (or rather I discovered a magazine) simply discarded on the floor and being eight I picked it up. My inquisitive nature highlighted something that was at the time a problem but that still to this day has not been rectified. It was one of Amsterdam's hardest pornographic magazines with a woman with sperm on her tongue. I asked my sister what she was doing (naked) and my sister simply threw the magazine away and I forgot about it almost instantly. The reason I mention it is not because the lady (who could have been exploited for cash was likely left in a room with a lot of potentially discrete people or not so many. She could have a family or friends or simply have hit hard times and require money for any number of reasons from substance misuse, an abusive boyfriend or kids) was stood out from other people in a crowd but simply because I was eight years old and unawares as to what she was doing, why she was naked and why the

magazine was in the street near a church. Mature growth of a person is down to how a person learns, but what they are taught is a process that becomes scarier with time. We all learn and share in our learning through our interaction and verbal communication as well as non-verbal communication. But what would have happened if I hadn't stumbled across that magazine and attempted to remain mature as an eight year old who didn't understand the nature of maturity?

It is easier to judge something as simple as that act in the privacy of my home as an adult, but pornographic material exists on the internet as with adult content and the problems associated with the idea(s) and ideology of the rape culture in Scotland that nobody ever really speaks about or addresses. It is more difficult to face the fact that there is a problem than it is to fix the problem you have been attempting to brush under all the other problems. Whether it is time commitments, work commitments or commitment issues, it is a difficult thing to accept that there is a problem. The route to fixing our problems, or coping mechanisms and strategies can become healthy or unhealthy, but as a parent, I have spent a long time trying to figure out how to be the lady who says "*can you keep our country tidy...*" rather than the guy who says "I don't want you to play on the games console because I want to spend time with you kids". Addressing the fact that there is a problem is key in assessing whether you can cope with a problem or whether you will become overwhelmed with an all consuming issue.



## Our forebears and the flags they designed

Not every nation is equal. I state this about the flags we all hold as institutional symbols of a construct known as a constitution. Britain has three colours in its flag. Scotland and England two colours in their separate flags and Northern Ireland and Wales three colours in their flags. Whilst having the colour green in their flag(s), Northern Ireland and Wales both also have red and white, both of which are colours, unlike green, that mean something to those individual nations. But the British flag does not have the colour green. In fact, the only colour shared amongst all four nations is one colour which is usually said to contain all the colours in the rainbow. It also can signify extreme temperatures (especially in the near vacuum of space). Yet if you were to get an artists pallet, the concept of putting all the colours together would lead to a strangely dark hue, whilst the opposite hue requires a gentle use of specific colouring. In actual fact, without classical training in the art of making paint, I could not genuinely say how white paint is made or black, or blue or red or even coppery-rose gold.

There is a reason why I mention that not every nation is equal, whether that is in it's distribution of land and the use thereof. This is because not every nation has the same history, and because the shared history of all nations is only really encompassed by the nature of war and the spoils of war, the cultural binding of a nation is limited intrinsically by how the same country is viewed from outside in comparison to internally. Simply stating that one nation is better than another internally and externally until you lose your voice does not make a nation. Indoctrinating the world with one nations view of how the world is / was and will be is not how equality works. Understanding that the planet and the solar system, galaxy and our star cluster within a seemingly unending universe are all large in relation to one another is an important point of note for this one reason. A journey of a thousand stars begins with a journey to our first star.

I doubt that in my lifetime I will see the world, Earth from space, but in my assumed equality with the vast majority of

Earth's entire populous at present and throughout all of human history, only a handful of scientists and persons of stature have been to space. Why is this a point that would make any difference to the price of bread? Because in a world that desperately needs a searchlight in the darkness, we all need a way of healing what we have created in the form of idolatry.

The idea of a constitution as a vehicle, a mechanism of a state in the manifestation of a flag is particularly important in this regard because, where there is a flag, there is an enemy of that flag somewhere out there. The thought of someone burning the British flag in Scotland is unthinkable despite the thought that Scotland could potentially become Independent from Britain. But the mere thought of the idea is a scary thought because it evokes an image (mental or otherwise) of hate. Burning a flag denotes a disliking of the people who share in the history, culture, foods and loves, lives and society of a nation. Now imagine a group of people walking through Edinburgh burning Scottish flags. An equally distasteful thought, but, there is a reason why I am mentioning this.

A flag, despite highlight the value for (of) a nation and its soil, it's people, it's resources and ultimately the blood, sweat and tears that unifies the communities underneath the flags banner is a sacred thing. But have flags become idolatrous to the point where we worship an ideal over each other's actual human rights and the concept of equality (how many people would you buy toilet roll for, or sanitary towels or even hand sanitiser and maybe a sandwich and some fruit for, knowing that they are begging for food on the street?), I am asking this point because I have attempted to do just that in a bid to either work on a voluntary level as an Ambassador for Scotland to the United Nations in a war torn country. I then started thinking on a different level. Before the United Nations was a building with infrastructure, it was the League of Nations and associated vessels. Before that, the League of Nations was an idea in the leader of one nation, who wanted to create the same ideals of freedom and peace in all nations. But the remit and scope of the League of Nations did not encompass all nations (in their modern forms such as for instance Eritrea).

So what does a flag mean to me? National and social, cultural and historical identity, but being a second generation Briton, how can I talk of history, culture or society of a nation? Easy, I could recite high school history lessons about the English Army and the Scottish Jacobite's who fought to protect what they valued. Their land, their homes and their people. I could go on to talk of Radical Roads and how Protestantism and Catholicism were at logger heads for an age in which social revolution through religious lessons were eventually learnt. I could talk about John Knox, the protestant reformer and how Adam Hume and Adam Smith both came from Edinburgh as with John Simpson (the discoverer of penicillin). I could talk of Burke and Hare who used to rob graves as paid for by the Surgeons College in Edinburgh. I could even discuss the reasons why Edinburgh Castle is so close to Holyrood Palace (approximately a mile away). But I choose not to, not because I have no pride in the city and its strong background and history. Rather I choose not to because the past is with every man, woman and child everywhere they go, in the statues, in the streets and architecture. Ultimately the past is in the faces of every single homeless person, every army veteran, even the Lord Provost who is Mayor (for all intents and purposes) of the city and leader of the formerly Municipal Council in the City of Edinburgh.

But I am a dual citizen at present, and the flag of Zambia has four colours which are not the same as the Scottish / English / British themes. Zambia's four colours are repeated throughout many of the African states but they mean different things. The four colours symbolise the people, the land, the blood and the resources. But why differentiate from traditional '*western*' nations? Because no one country is the same in size, geographic spread, ideas and conceptual ideology, loves and honour for all the same things. Whilst there might be shared themes such as for instance the food people eat or the alcohol people consume or even the television we each watch or the music we listen to, even our jobs and titles could be the same (e.g. bar tender is an international trade, as is customer service operator). But *why* differentiate if all countries are equal (which then means all people are equal)? To show the world one simple concept that

unifies all men, women and children no matter where they were born, where they live and what they believe. It doesn't matter what your political persuasion is even, because this is a shared human idea that transcends borders and the imagery that flags promote. That idea is Love. People love going places. People love not going places. People love each other and themselves. So how else can you show the divergent trends without sharing an idea of all that binds us in the form of a flag? Why not keep the flames for a well stocked candle as opposed to a flag of someone's home, because in the end, what you are ultimately burning is not a replica or someone's home, neither is it their person or their wealth. Its not their family history or their culture. Your burning their love. Love might fade over time, a person might die over time, but as long as their memory remains, all there is, all there ever can be is love.

## What is the best invention known to mankind?

As someone who loves physics and Newtonian '*Optiks*', I believe the best invention known to mankind is a lamp post of which the night is brightened in a hazy yellow storm of photonic shards. But just because I value the amount and style of lamp posts doesn't make them a modern marvel. They have evolved as a product moving from oil to gas to electricity. Some are ornate in one street and then in the next they are slightly altered or different somehow, maybe brighter and with energy saving lightbulbs, sometimes non-existent.

However, the spoken word is mankind's best invention. Speech allows people to follow a direct narrative that details a diatribe with regards to a logical and linear exchange of words. It allows parliamentary discussion and dialogue. It allows the foundation and destruction of a marriage. It gives a person understanding and wisdom. At the same time, written word is mankind's best invention. Writing allows a different way to express something that either cannot be said or that is always said. Writing allows an express point or argument to be laid down and also provides the writer with individuality in the form of a signature or autograph. It is also the same dialogue and discussion as allowed by parliamentary discussion (Hansard) but also the ability to commune with the ancients (the Lords Spiritual and Temporal) or Members of the Scottish Parliament.

Perhaps a country is the best invention of mankind, or time or an orange juice press or even maybe an alarm clock. Personally I would love to own one of the first ever fire extinguishers which can be altered to hold a light bulb (a work of art) or more paintings. Maybe even records, clothes, plasticated non-conducting trainers within electrical storms. Suffice to say all the things that make competition and big business in the country where you reside, those are likely to be national treasures. Every country has a tourism trade and every country

has atleast one outgoing good that is thought to be of value to the entire planet.

Now, imagine a world in which every single person was able to voice their thoughts, highlight their self esteem and also get a psychological review of how they are doing in life (through their writing shared publicly). This is important because, rather than censor a persons writing, a psychologist could analyse a skewed proportion of the population and then come up with a psychological evaluation (*a priori*) of the entire nation with a view to giving the nation a psychological tuneup.

With all the gun violence, knife crime, murder and general immorality and sin, the world is made up of good people and people who could try harder. If the support and faith was placed in them rather than an idea that men are stronger than women (which is not true) or that women are weaker than men (also not true) or that sexism and racism are the same thing (depending on whether you tick all the boxes, could be true or not so true) then there would eventually be an end to the struggle and a beginning to societal progression.

So how do you create equality? Simple, you inspire a nation, or the world where you have the means, to work as one in order to do the impossible every generation. The process of instrumentally learning together leads a nation, community or society to value how far it has come and how far it is yet to travel.

## A train journey through the Cairngorms

When I was younger (two years ago), I started a journey. Not a physical journey, but rather a journey through time. I asked a question I could not describe or define in words as a quantifiable or understandable answer, but none the less; “*what would Great Britain have looked like 2,000 years ago or even the world as a whole*” and the answer is simple yet again. Look at a green space with tree’s. Multiply all the green space and add rivers and lakes, ponds and lochs, mountains and mounds. Every now and then, I like to go to that place, to speak to the spirits that dance and sing. I imagine highway men and grew up thinking Camelot was a place somewhere. It’s sad to think, for all the books I have written about Global Disarmament as a thought, not one of them talks about how if I could, I would love to be that dastardly and dangerously feared character from old legends, the infamous Black Knight (without a pony, but rather a full suit of chain-mail and armour, and maybe a shield). But everyone has a dream.

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Notes – the notes are for children who enjoy writing and using their imaginations. If you want to be a writer, write down your earliest and happiest memories (maybe they are the same) or 20 reasons why you like ice cream instead of sweets on a hot day and turn it into a story.

Proof